

ALBERTA
AUDIOVISUAL
RESOURCES
ON
AGING

SENIOR CITIZENS SECRETARIAT

1988

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SOURCES OF AUDIOVISUAL MATERIAL
WHICH ARE LISTED AND
THEIR CODES

Code

ACA Alberta Council on Aging
Room 390, 10665 Jasper Avenue
Edmonton, AB
T5J 3S9
423-7781

Note: The Alberta Council on Aging charges a \$15 rental fee for each video or film rented. If your organization is a member of the Council, there is no rental charge. Membership in the Council is \$15 per year. The films are available upon request. Please try to book two weeks in advance.

Films are usually sent out collect by courier/mail/bus a few days ahead and they must be returned by the due date specified.

CMH Canadian Mental Health Assoc.
9th floor, 1 Professional Centre
10050 - 112 Street
Edmonton, AB
T5K 2J1
(482-6091)

Dist. #24 Edmonton and Rural Auxiliary
Hospital and Nursing Home
District 24
12323 - 113 Avenue
Edmonton, AB
T5M 2W3

GMC Grant MacEwan College
Film Department
7319 - 29 Avenue
Edmonton, AB
T6K 2P1
(462-5527)

NFB National Film Board
Canada Place
9700 Jasper Avenue
Edmonton, AB
T5J 4C3
(495-3010)

PFL Provincial Film Library Service
Public Affairs Bureau
11510 Kingsway Avenue
Edmonton, AB
T5G 2Y5
(427-4381)

SCS Senior Citizens Secretariat
Main Floor, Centre West
10035 - 108 Street
Edmonton, AB
T5J 3E1
(427-7876)

U/C Film Librarian
Communications Media, SS 117
University of Calgary
2500 University Drive, N.W.
Calgary, AB
T2N 1N4
(220-3137)

Available for loan to other institutions in Alberta. To order, one must use the exact title and inventory number. There is a \$10 handling fee to patrons in Calgary. This allows a 3-day loan period. There is a \$25 shipping and handling fee to patrons outside of Calgary. The materials will be shipped to the institution via Greyhound, collect. It is preferred that requests be made in writing.

U/A-E Educational Media Services
Faculty of Extension
132 Corbett Hall
University of Alberta
Edmonton, AB
432-5047)

A rental of \$2.50 to \$20.00 for use of films is charged, depending on the film requested.

U/A-H Media Library
J. Scott Health Sciences Library
Mackenzie Health Sciences Centre
University of Alberta
Edmonton, AB
T6G 2R7

ALPHABETICAL LIST OF AUDIOVISUAL RESOURCES

The libraries which carry the following audiovisual resources are indicated beside the title. See page 2 for explanation of abbreviated sources, as well as addresses and telephone numbers. The library code number is in parentheses beside the abbreviated source.

ACA-Project Involvement: ACA

29:34 minutes beta, VHS; 30 minutes videocassette (1983)

ABCs OF CANADIAN FAMILY LIFE (THE): U/A-H (CM-502)

60 minutes videocassette 1979

Vignettes of Canadian family life: C is for Child Abuse, D is for Divorce, F is for Female Labour Force, J is for Joy of Family, O is for Our Old People, S is for Single Parent Families, V is for Voluntary Childlessness, W is for Wife Abuse.

After Autumn: PFL (PHT 746)

10 minutes 16 mm colour

A day in the life of an 82-year-old farmer living alone and coping with the problems of isolation and abandonment.

Age-Related Sensory Losses--An Empathic Approach: U/A-H (CM-491)

15 minutes videocassette 1975

Designed to sensitize viewers to two normal age-related sensory losses: vision and hearing. Dramatization of a family dinner, including three generations. Depicts vision and hearing problems of a woman in late 70s.

Aging: U/C (XMP0806-01)

20 minutes 16 mm colour 1973

Examines some popular mistaken attitudes toward the aged and their place in society. Discusses activity theory, disengagement theory, and research done by Neugarten, Havinghurst and Tobin, Univ. of Chicago.

Aging #2: U/A-E (B3801) PFL (PHT 263)

22 minutes colour 1973

Refutes the idea that old people constitute one homogeneous group. It emphasizes the individuality of old people, the variety of their needs and desires and the joys and satisfactions to be had in old age. It also discusses some lifestyles followed by old people in America.

Aging an Individual Matter: U/A-E (C4810)

27 minutes colour 1979

Examines biological and psychosocial theories of aging. Reviews activity theory as proposed by Havighurst and contrasts it with Cumming and Henry's disengagement theory. Explores Erik Erikson's developmental task theory focusing on the last stage--integrity vs. despair. Looks at how nursing can make use of these theories.

Aging: The Search for Eternal Youth: ACA

24 minutes 16 mm colour

Looks at how the older generation grasps at youth through questionable rejuvenation schemes--a health spa in Nassau, cell implants, sea water heated to 98 degrees. Dr. Robt. Butler, a psychiatrist, comments on society's need to recapture the sense of a whole life cycle in contrast to the present youth-oriented culture, and believes a new militance will surface as older persons demand to be heard.

All of Our Lives: U/A-E (C4682)

30 minutes colour 1983

Documentary on sociological problems confronted by older women. Women explain their problems, provide reasons for them, and make recommendations for solutions.

Am I My Father's Keeper?: U/A-H (CM-066) (Feeling Good Series)

20 minutes videocassette 1975

Looks at home care as an alternative to institutionalization for elderly people. Interview with Maggie Kuhn, one of the founders of Gray Panthers (an org. devoted to bringing about change in society's attitudes toward the elderly).

America's Aged: The Forgotten Many: PFL (PSF 23)

12:24 minutes filmstrip, cassette, and guide colour 1975

Depicts old people who feel they have been discarded by society and some who feel they have not been forgotten.

Angus: NFB (106C 0171 079)

12:34 minutes colour

Portrait of Angus Mowat, with commentary by his son, author Farley Mowat. At 76, Angus still shows an enviable capacity for life, turning his hand to things that leisure now makes possible. One of these is the rebuilding of an old fishing boat, converting it to sail. This is a picture of a man who

has reached his later years with no slackening of engagement with life, who finds in nature a good and constant companion, and finds contentment in the quiet isolation of his cabin by the shore.

Antonio: NFB (106B 0166 070)

27:55 minutes B&W 1966

Story of an Italian immigrant, a widower, living alone with his memories, his Bible, and Dante. He talks about his partner, his children, good times and bad. A warm, human portrait of an aging man who chooses freedom and independence even though it at times means solitude.

Art of Age (The): PFL (PHT 695)

27 minutes colour 1972

"One is under an obligation to live as long as one is living"--a philosophy reflected in the productive lives of four elderly people. A retired mailman, believing that inactivity is the quickest way to infirmity, divides his time between fishing and working at the Watts community center's senior citizens club. A woman artist, welcoming the freedom of retirement, devotes herself to sculpting. For a former businessman, his volunteer tutoring at an elementary school is the most gratifying work he has ever done. An elderly woman, who has a "rather inconvenient" bone disease, goes about her life with optimism and dignity.

**Arthritis: A Dialogue With Pain: U/A-E (F4539)
NFB (106C 018 019)**

56 minutes colour 1981

Explains symptoms and available treatment for persons with arthritis. Describes, through simulation by a practising surgeon, the artificial hip replacement. Presents persons young and old, male and female with varying degrees of disability; they talk about themselves and how they cope.

At 99: Louise Tandy Murch: U/A-E (B33520)

20 minutes colour 1974

Documentary on a very active and vital 99-year-old woman. Shows some of her daily activities while she philosophizes about life.

At the End of My Days: NFB (106C 0175 195)

85:40 minutes colour (French with English sub-titles)

Some older people fall between categories: not well enough to go into residence, not ill enough to go into a nursing home.

Follows the slow and painful couple with diminishing capacities, both physical and mental, who are facing a complexity of problems by no means unique. Adelard Levasseur ends his days in a hospital for the chronically ill, embittered and despairing at having been removed from his home.

Augusta: U/A-E, NFB (106C 0176 178)

16:33 minutes colour

Portrait of an 88-year-old Indian woman who lives alone in a log cabin without running water or electricity. She recalls the past, but lives very much in the present. Self-sufficient, dedicated to her people, she spreads warmth with her songs, harmonica and soft-voiced comments. (Award: San Francisco)

Back Alley Blue: NFB (106C 0177 042)

25:05 minutes colour

Stolen money, a love intrigue and a police chase unite with the main theme--a day in the life of an old woman who scratches out a living collecting pop bottles and picking through back alleys. She is not too poor, however, to return a kindness. Ends on unexpected note of humour.

Basic Lifting in the Extended-Care Setting: PFL (FHS 22)

25:20 minutes slides and cassette colour

A good training film for those caring for patients in home or an extended care facility.

Because Somebody Cares: ACA

27 minutes 16 mm colour

Documentary showing how painful isolation and loss of self-worth experienced by many elderly can be alleviated through the friendship of a volunteer visitor of any age. Also shows what the elderly are able to give in return.

Bethune: NFB (106B 0164 151)

58:38 minutes B&W

Biography of Dr. Norman Bethune, Cdn. doctor who served with the loyalists during the Spanish Civil War, and with the North Chinese Army during the Sino-Japanese war. In Spain he pioneered the world's first mobile blood transfusion service; in China, his work behind battle lines to save the wounded has made him a legendary figure. (5 Awards, including Edinburgh & Melbourne)

Boy Who Heard Music (The): NFB (106C 0177 073)

Music unifies a small boy driving his shiny red toy car and a kindly, white-bearded old man. But when the boy tries to re-create (for his playground chums) the musical experience, nothing happens. It takes the reappearance of the mysterious stranger to help the child share the magical and musical event with his friends.

Bravery in the Field: NFB (106C 0179 127)

28.35 minutes

Tommy, a veteran of W.W.II, rooms alone, waiting for his pension cheque to arrive, passing the time in the evenings with cronies in the Legion Hall. Lennie can claim only a third of Tommy's years, but prowls the same area of town and, surprisingly, they have more in common than they both realize. Portrays the frustrations and hostilities of these men whose lives lack a sense of place and purpose. The story occurs early in November and leads to an event that provides one of Tommy's few remaining moments of glory--the annual veterans' Remembrance Day parade. (Awards: Hollywood; Toronto; Cork)

Brittle Bones: U/A-E (V4943) (Nature of Things)

22 minutes VHS 1/2 inch 1984

Deals with the condition of Osteoporosis (porous bones) which afflicts many women. It weakens bones so drastically that the spine collapses, causing hunched over "little old ladies," a condition dismissed as an inevitable consequence of aging. Shows how an amazing 88-year-old woman has actively battled porous bones for over forty years.

Brookside Manor: U/A-H (K-20)

2-hour simulation for 15-60 people 1975

Gerontological simulation exercise to sensitize staff in residential facilities for the aged. Leader's manual provides thorough instructions.

**Business of Aging (The): NFB (106C 0181 055)
(Le Commerce de la Vieillesse)**

26:35 minutes colour

Raises the question: Who should be entrusted with the care of the elderly and chronically ill--government-run or privately-owned nursing homes? Looks into the quality of nursing home care in Canada and presents a sobering picture of residents caught in the financial squeeze as operators attempt to cut overhead at the expense of patients.

Chairmaker and the Boys (The): NFB (106C 015B 038)

20:03 minutes colour

About Ernest Hart of the Margaree Valley, Cape Breton Island, who for over 50 years served his farming neighbours as carpenter, blacksmith and general handyman. While he makes chairs, his young grandson makes mischief, and Grandpa Hart is forced into yet another role. (6 Awards, including: Toronto, Vienna, Edinburgh)

Challenge of Time (The): Changes in Lifestyle: U/A-H (CM-576)

29 minutes videocassette 1985

The guests discuss the importance of continuing involvement in a variety of interests and community matters during the years after 65.

**Challenge of Time (The): Community Support System:
U/A-H (CM-572)**

29 minutes videocassette 1985

An interactive program of interest to men and women in pre-retirement and retirement years. Panel members, familiar with the community support available, answer comments and questions on open line.

Challenge of Time (The): Coping With Stress: U/A-H (CM-574)

29 minutes videocassette 1985

Major causes of stress in the elderly are examined by a psychiatrist for the elderly and a family studies specialist.

**Challenge of Time (The): Death, Dying, Bereavement:
U/A-H (CM-578)**

29 minutes videocassette 1985

Alberta's palliative care units and support programs for bereaved families are among the best in Canada. A doctor, a nurse-psychologist and bereavement counsellors explain the need for such programs.

**Challenge of Time (The): Different Philosophies: U/A-H
(CM-568)**

Cultural differences in attitudes toward aging are explored, as comparisons are made between those of other countries and North America.

Challenge of Time (The): Family Relationships: U/A-H (CM-577)

29 minutes videocassette 1985

Depicts ways of changing family relationships with emphasis on the relationships of older people with their adult children.

Challenge of Time (The): Financial Considerations: U/A-H (CM-575)

29 minutes videocassette 1985

Describes the importance of financial planning and provides useful information about benefits, pensions and grants.

Challenge of Time (The): Housing Alternatives: U/A-H (CM-570)

29 minutes videocassette 1984

A variety of housing options are available for the elderly in Canada. The local example of a housing registry illustrates a useful service for those who are searching for solutions to their housing requirements.

Challenge of Time (The): Keeping Fit: U/A-H (CM-571)

29 minutes videocassette 1985

Presents nutrition and fitness for the elderly and emphasizes the importance of regular exercise.

Challenge of Time (The): New Directions: U/A-H (CM-567)

29 minutes videocassette 1984

Societal and individual attitudes toward aging are examined. Taped interview segments and panel discussion focus on myths and stereotypes relating to growing old.

Challenge of Time (The): Personal Security: U/A-H (CM-573)

29 minutes videocassette 1985

Provides valuable suggestions to elderly people who may be concerned about questions of security and safety.

Challenge of Time (The): Retirement: U/A-H (CM-569)

An interactive program of interest to men and women in pre-retirement years. Panel members, familiar with the issues of retirement, answer queries and comments on open lines.

Changing Gears: SCS

28 slides with audio tape and group leader's manual

A nutrition resource package for pre-retirement program--a problem-solving approach.

Changing Your Address: ACA, SCS

28:50 minutes VHS videotape cassette 3/4 inch colour

A self-help guide for seniors to assist with housing options--what to consider when contemplating relocation.

Chillysmith Farm: U/C (XMV5850-01)

55 minutes 3/4 inch videocassette colour 1981

Portrait of the Tugend family, showing how they dealt with birth and death in the family. Demonstrates how they coped with problems arising from keeping sick grandparents at home until their deaths and concludes with a family-centered birth which allowed the children to witness birth.

China Mission: The Chester Ronning Story: NFB (106C 0180 044)

57:36 minutes colour

Horse-breaker, homesteader, diplomat, politician and teacher, Chester Ronning grew up as the son of missionaries in China. He experienced the Boxer Rebellion and the Civil War. He later became a teacher in Alberta and, as a diplomat, tried to bring to the West an understanding of China. The film recounts his life through conversations with Mr. Ronning, archival material, and footage of his vast collection of art and mementos.

Clare's Wishes: GMC (260-1)

Portrays an elderly couple in failing physical and mental health and some of the fears, frustrations and problems. Shows their attempts at coping with their situation.

Concert Man (The): NFB (106C 0182 026)

27:43 minutes colour

Maurice Zbriger, violinist, composer and dreamer, brought his music to Montrealers for over half a century. He hired musicians and singers and conducted them in free concerts financed with income from his ownership of Schwartz's, the famous smoked meat restaurant. Looks at Zbriger's life, his passion for music, and the people who were a part of his dream.

Confused Person: Approaches to Reality Orientation: U/C
(XMV7649-01)

24 minutes 3/4 inch videocassette colour 1973

Video dub of a slide/tape program. Examines the difficulties of caring for the aged, confused person, differentiating between functional and organic disorders, and between the reversible and irreversible brain syndromes of the elderly.

Consumer Education Handbook: U/C (XMV405-01)

30 minutes 3/4 inch videocassette colour 1976

Deals with how to save in the supermarket, in purchase of used cars, and in health care; how to avoid the tricks of con artists, and how to file a complaint.

Creating a Supportive Environment for the Elderly ((HVT 5)

36 minutes 3/4 inch video colour 1976

Produced by School of Social Work, Univ. of B.C. and relates to senior citizens.

Critical Decades (The): PFL (PHT 497)

31 minutes B&W 1961

Emphasizes the need for people in their 40s and 50s to develop healthful patterns of living in order to avoid serious illness in later years. Dr. Eugene Baugartner uses case histories to show how many of his older patients contracted diseases because they had neglected their health in the middle years.

David and Bert: NFB (106C 1075 036)

A film portrait of two remarkable old-timers of Vancouver Island's west coast, both in their 80s, both with an enviable zest for life. Chief David Frank teaches the ancient Indian songs and dances of his people to about 60 grandchildren. Bert Clayton still backpacks his prospector's gear through high mountain bush. From different cultures, these two share over 40 years of friendship and a mutual philosophy of life.

Death by Request: PFL (PHT 745)

30 minutes colour 1978

An interview with a woman who has multiple sclerosis and who wants to make aiding and abetting a suicide permissible under law. She intends to commit suicide if and when she is bedridden for life. The philosophical issues are clearly discussed and well presented. The distinction between aging and terminal illness was not clearly drawn, reinforcing the myth that all old people are "vegetables." Very provocative discussion.

Death: How Can You Live With It?: PFL (PHT 230 #1)

19 minutes colour 1977

From the feature film "Napoleon and Samantha" with Will Geer and Johnny Whitaker. A boy learns that his grandfather, who he loves dearly, is dying. This poignant film encourages discussion on how one learns to accept death as a part of life, and the discovery that people who have touched us live on in treasured memories to give us strength and direction. (From Question and Answer Series II)

Death, Threat of Death, and Bereavement: U/A-H (A-152)

60 minutes audiocassette 1973

(Crisis Intervention in the Mental Health Emergency Series) Describes crisis intervention in theory and practice as it applies to patients and family in terminal or life-threatening illness.

Discussions in Bioethics: The Old Person's Friend: NFB (106C 0185 081)

12:45 minutes

One of a series of short, open-ended dramas designed to stimulate discussion of values and ethics in relation to modern medical technology. An elderly woman, bedridden and with a history of strokes, refuses medical attention and creates a dilemma for the hospital's staff. Should she be allowed to die as she wishes or should everything be done to preserve life?

Do Not Fold, Staple, Spindle or Mutilate: Labour Relations: NFB

50 minutes B&W 1968

An aging union leader is unable to keep up with changing attitudes in his mill. He faces discontent of employees and conflict with the younger generation. During election, the old man stresses solidarity and his young opponent advocates automation and depersonalization. Open-ended for discussion.

Doctor Woman: The Life & Times of Dr. Eliz. Bagshaw: NFB (106C 0178 279)

28:52 minutes colour

Elizabeth Bagshaw was a forerunner of the women's movement. As one of the first women to practice medicine in Canada, she had to overcome society's bias against women in medicine. During her 70-year career she helped to change public opinion on that issue as well as the issue of birth control. The film captures the personality of this remarkable woman through a contemporary interview and re-enactments of episodes from her youth. The

sepia tones of the re-enactments are in keeping with the film techniques of the time.

Don Messer: His Land and His Music: NFB (106C 0171 015)

69:45 minutes colour

Music, song and dance performed by Canada's old-time musicians and the entire Jubilee cast. The viewer can see the warm welcome they received from Halifax to the Yukon, on a tour marking Messer's 35 years on radio and T.V. Makes effective use of the multi-screen technique so that the special bond between performers and audience is not lost.

Donahue on Sexuality and Aging: U/A-H (CM-503)

60 minutes videocassette 1984

Presents a survey of sexual practices of long-lived adults in the U.S. Lively discussion and reaction from the audience.

Donahue Program on Alzheimer's Disease: U/A-H (VC-002)

42 minutes VHS videocassette 1985

Presentation of an excellent discussion on Alzheimer's Disease with Dr. John Blass, director of Dementia Research Rehabilitation Centre; Marion Roach, author of "Another Name for Madness"; and two patients with Alzheimer's disease.

Don't Mess With Bill: NFB (106C 0180 199)

10:24 minutes colour

At age 85, Bill Underwood is becoming famous as the inventor of "Defendo," the ultimate occidental system of self-protection. Just over five feet tall, Bill can overpower anyone with little effort. Takes a close look at this remarkable man who is living proof that age is only a state of mind. (available from regional offices only)

Don't Stop the Music: ACA

20 minutes 16 mm colour

Older Americans speak for themselves, dispelling myths as they show their capacity for enjoyment, productivity, and an active life.

Ease Down the Road: GMC (210-1)

25 minutes colour 1979

Deals with the needs of our aging population and the ways in which some church and synagogue congregations have tried to respond to these needs. Guide available.

Easier Living: PFL (PHS 19)

18:42 minutes 108 slides and 1 cassette colour 1977

Primarily directed toward the elderly who are living independently. Contains examples of inexpensive items (that can be purchased at local stores) which make household tasks easier to perform. Offers suggestions for visual, reaching, gripping and dressing aids.

Elder Abuse: The Invisible Problem: SCS

15:13 minutes tape cassette and slides with information sheet

Discusses elder abuse in the family situation, where it is frequently unrecognized by family members. Discusses self-abuse (neglect), exploitation, violation of rights; it looks at possible causes, the reasons that victims do not report the abuse, and reasons why this kind of situation is often "invisible." Also brings up issues of protective services.

Employment, Parts 1 & 2: U/C (XMV5399-1)

60 minutes 3/4 inch two videocassettes colour 1976

Part 1 gives information on job selection, job resumes and job interviews for people who plan to work after retirement. Part 2 looks at the choices in self-employment (working at home, part-time jobs, and franchises).

End Holds the Beginning (The): Aging From Birth to Death ACA

27:39 minutes VHS videotape colour

Explores the magic and training of old age through the lives of a variety of elderly people from various parts of the world, living in different circumstances and states of health.

End of the Line: U/A-H (K-19)

Simulation exercise 1975

Gives participants a feeling of what it is like to grow old and what it is like to help people who are growing old. It sensitizes those who work with the elderly to the aging process. Requires several hours and 16 to 58 people.

Eve Lambart: NFB (106C 107B 296)

51:40 minutes colour

Film animator Eve Lambart spent over 30 years working at the National Film Board. Retirement means many things to her--gardening, sewing, baking, preserving, weaving, and even film-making in her own animation studio. Always an individualist, she is enjoying her new lifestyle.

Everybody Rides the Carousel: GMC (235-237-3)

24 minutes colour 1976

Animated film depicting the 8 stages of life as defined by Erik Erickson. Part 1 covers newborn, toddler and childhood. Part 1 deals with search for identity and desire of intimacy. Part 3 illustrates adult stage as a struggle between generativity and stagnation, and closes with examination of old age. (not available for external loan from Sept. to May)

Exercise Break: SCS

Audiotape and handbook

Simple exercises intended for work breaks. Six or seven minute series of exercises that can be done anywhere without special clothing or equipment. Aim is to provide a short interlude of relaxation and movement which will stimulate circulation, improve posture, relax tense muscles and counteract boredom or mental fatigue. By Health & Welfare Canada.

Extended Care--Extensive Care: Dist.24

18 minutes 3/4 inch VTR colour

Designed for public education (particularly with prospective patients and their families) to provide an explanation of the facilities and services available in extended care in Edmonton and thereby to assist those involved in making the decision of placing a family member in a care setting.

Face the Media: ACA

24 minutes VHS videotape colour 1987

Rein Selles, executive director of the Alberta Council on Aging at the time, faces the media to discuss current issues of concerns.

Financial, Parts 1 & 2: U/C (XMV5400-1)

60 minutes 3/4 inch two videocassettes colour 1976

Part 1 looks at budgeting, personal worth based on assets and liabilities, social security, pensions, investment suggestions. Part 2 deals with estate planning (wills, estate taxes, marital documents, and record-keeping relating to personal documents).

Flash William: NFB (106C 017B 220)

19:15 minutes colour

A one-man movie industry, Flash William is indeed versatile. He combines the roles of film producer, director, camera man, actor, promoter, projectionist and ticket-taker. Between pro-

ductions, he works on road gangs in the Yukon, or in the oil fields and pulp mills, to finance his company. In this film about his latest feature, Dawson City Joe, he reveals his individualistic style and technique. Some of his innovations have long been used in the industry, but were developed by Flash in the isolation of the wilderness.

For Gentlemen Only: U/C (XMP1428-01)

28 minutes 16 mm colour 1976

A short fictional film about two elderly men living in a seedy downtown hotel in Winnipeg. It pictures the difficulty they have adjusting to changes made when the hotel owner's niece takes charge.

Forbes Home (The): NFB (106C 0182 084)

36:28 minutes colour

The Douglas Hospital of Montreal created the Geriatric Home Program with the goal of establishing foster homes for psychogeriatric patients. Forbes Home is one of 38 sponsored by the program. The film focusses on the transfer of Melchior Siwick from the Hospital to the home, and his adaptation and gradual rehabilitation with the help of the Forbes, a multidisciplinary follow-up team from the hospital, and the home's other residents. A useful film showing an effective alternative to institutionalization for psychogeriatric patients in particular, and for the mentally and physically disabled in general.

Fully Alive: ACA

7 minutes VHS videotape colour

Deals with the art of aging. Designed to help participants recognize their strengths, growth, and learn creative ways of dealing with challenges.

George and Rosemary: A Film About Two Golden-Agers: NFB

VHS (113C 0187 070) 16 mm (106C 0187 070) 3/4 inch (116C 1087 070)

35 mm (105C 0187 070) Beta (114C 0187 070)

A whimsical and hilarious romantic comedy, designed for those over 65 but will appeal to all ages. Good for smashing stereotypes.

Getting On: PFL (PHT 708) U/A-E (C4134) GMC (024-1)

29 minutes 16 mm colour 1976

Depicts a widower who has just retired and shows many of the stereotyped patterns into which retired people can fall. Sev-

eral people who work with retired people express what they feel is necessary for a good adjustment and discuss available options.

God is Not a Fish Inspector: BMC (234-1)

28 minutes colour

Fuse Bergman, 70 years of age, is determined to live his own life in his own home, despite certain obstacles he must face.

Golden Age (The): PFL (PHT 1120) U/A-E (C1387)

30 minutes B&W 1958

Story of three men who at age 65 are retired. For one it means emptiness and futility, for another the beginning of a new career. The third discovered that anticipated happiness of unlimited leisure does not last. Shows how often this occurs and that it need not occur if they had planned for retirement. Good film for discussion.

Grandma's Been Arrested: U/A-E (B4798)

17 minutes colour 1983

Focuses on two serious domestic problems in America: old age and crime. Harry Reasoner, in an excerpt from the CBS 60 Minutes program, looks at the people behind the statistics. Explores the most common over 55 crime--shoplifting--and how to handle the older offender.

Granny's Quilts: PFL (PHT 647)

12 minutes colour 1974

The making of patchwork quilts is demonstrated by Mrs. Catherine Scott who shows examples of work she did as a teenager and in her advanced age. Mrs. Scott reminisces about her rural childhood, and describes the proper stitches, fabrics and tools she uses in making quilts. She also shows how to create a pattern and use a quilting frame.

Gray Panther (The): PFL (PSF31)

10:56 minutes filmstrip & cassette colour

Maggie Kuhn, national convener of the Gray Panthers, asks viewers to confront their own attitudes about old people. Designed to raise the consciousness of a society that "casts aside its humaneness in favour of expedience and profit for a few."

Great Grandmother: U/A-E (C4492)

29 minutes colour 1975

Presents the early immigration of women who settled the Prairies, and the victory of being the first women in Canada to receive the provincial vote. Features recollections from women living today, and quotations from letters, diaries and newspapers of the day, heard over re-enacted scenes and archival photographs.

Growing Old: NFB (106C 0172 582)

15:08 minutes colour

Should the aged be "looked after" or encouraged to do for themselves? Is retirement healthy for everyone? Raises questions concerning growing old in urban North America. From the practical examples shown, suggests where answers might be found. The picture is far from bleak, but even for the most capable old people there are potential problem areas.

Hailey's Gift: NFB (106C 0177 300)

22:18 minutes colour

A children's drama in which a strange old man shares his gifts of wisdom and understanding with a young girl who is seeking to resolve self-doubts. Sparkles with mystery and magic. Nine-year-old Jennifer willingly parts with her favourite pendant as a gesture of thanks, and in return Hailey B. McMoon has a special treat for his young friend.

Health and Lifestyle: ACA

27 minutes 16 mm colour

A comprehensive presentation of the patterns of daily living which contribute to optimum health. It is an upbeat film, blending colourful images of real people and places with expert opinion and incisive host dialogue.

Health Concerns of an Aging Population: SCS

3 tapes, cassettes and a manual

Tape 1, side 1 21 minutes Physiological Aspects

Dr. Clyde Slade summarizes the physiological adjustments which accompany the aging process, and suggests how to plan appropriately to prevent loss of function.

Tape 1, side 2 30 minutes Nutritional Concerns

Dr. Harriet Kuhnlein examines the relationship between nutrition and health in the elderly, including factors

affecting food choices, common dietary deficiencies and nutritionally related disorders.

Tape 2, side 1 23 minutes Sexual Consequences

Dr. Geo. Szasz examines the myths and realities regarding sex and older adults.

Tape 2, side 2 20 minutes Psychological Adjustments

Dr. Gloria Gutman considers the changing roles of the elderly, problems in coping with cultural stereotypes, and changes in perception, learning and memory as they occur with aging.

Tape 3 24 minutes Drugs and the Elderly

Dr. Doug Danforth gives an overview of prescribed and self-administered drug use and misuse by the elderly.

Health, Fitness and Leisure for a Quality Life: ACA

20 minutes 16 mm colour

Promotes lifelong activity and shows the various settings in which health, physical education, dance, and recreation personnel service play a part in programs for older adults. It is aimed at motivating decision-makers to incorporate health, fitness and leisure services into programs designed for the elderly.

Hello in There: ACA

21 minutes 16 mm colour

Story of a woman in a retirement home who endeavours to find ways to relieve the monotony. She befriends a young woman. Brings home the realization that life doesn't stop when a person is old.

Help Yourself to Better Health: PFL (PHT 273) U/A-E (B4274) ACA, GMC (281-1)

16 minutes 16 mm colour 1976

About nutrition in later years and illustrates how good nutrition is possible with limited budgets, varying food habits, and different types of cooking facilities. An underlying theme is that nutrition can be a focus for personal fulfillment, that food is related to a healthier later life, and that cooking and eating can become shared community experiences. Picnics, potlucks, eating clubs and group discussion about buying food, provide a warm, positive approach to good eating habits.

Hindsight/Foresight: PFL (PHT 709) U/A-E (C4006) ACA, U/A-H (CM-335)

25 minutes colour 1977

Produced during the Spring Session for Seniors at the Univ. of Alberta. A lively, entertaining documentary about a group of people who found a new lease on life. Commentary comes from a variety of individuals, all but two past the age of 65 years. Their message encompasses a lifetime of experience and deals with preparation for retirement.

Home For Life: U/C (XMP2077-1)

80 minutes 16 mm (2 reels) B&W 1966

Portrays problems of two new residents of the Drexel House in adapting to their situation and describes the efforts of the workers within the institution to facilitate this adaptation.

House Divided (A): Caregiver Stress and Abuse of the Elderly: NFB

16 mm (106C 0188 011) 3/4 inch (116C 0188 011) VHS (113C 0188 011)

Beta (114C 0199 011)

35:5 minutes colour (Part 2 in The Elderly at Risk Series)

Four moving portraits shed light on the hidden tragedy of elder abuse. Abuse takes many forms, ranging from willful neglect and financial exploitation to physical attack. Shows how caregivers are often as much victims of circumstance as the abused. Portrays the emotional complexity of family relationships that can lead to abuse of the elderly, the anguish and isolation of its victims and the tremendous need for community understanding and support.

Housing and Living Relationships: U/C (XMV5401-01)

30 minutes 3/4 inch videocassette colour 1976

With the retired person in mind, this program looks at renting or owning a house and the advantages of each, housing costs, living with relatives, mobile homes, entering a retirement community or home, and public housing.

How to Design a Non-Person: PFL (PHS 2)

8 minutes audiocassette

Uses satire to point out the depersonalization of elderly individuals in institutions. It is a powerful tool for staff sensitization and training.

Human Development: Successful Aging Series: U/A-H**Overview: What is Successful Aging?--Part 1 (FT-183)**

Examines the aging process in terms of its biological, psychological, social and chronological components. Delineates the changes that occur as people age and demonstrates that while some of those changes indicate decline, others reflect growth and development.

Overview: What is Successful Aging?--Part 2 (FT-183)

25 minutes filmstrip-tape 1980

Describes and evaluates various social-psychological approaches such as disengagement theory, activity theory, adaptive tasks and personality theory, which attempt to explain how successful aging can be achieved. Describes a method of measuring life satisfaction and three different but equally successful patterns of aging.

The Widow: Factors Affecting Widowhood--Part 1 (FT-184)

32 minutes filmstrip-tape 1980

A variety of factors are considered which determine the social and psychological effects of widowhood. Examines the lives of two very different older women to see how widowhood has affected them. Their true stories, interwoven with conceptual material and reports of gerontological studies, make the research come alive.

I Think They Call Him John: PFL (PHT 1199)

25 minutes B&W 1970

A day in the life of an ex-miner, ex-soldier, widower, old-age pensioner. It illustrates the loneliness, confusion and other problems confronting older people.

In Search of Farley Mowat: NFB (106C 0181 008)

57:38 minutes colour

A revealing portrait of a little understood Canadian celebrity whose books have sold in the millions around the world. Still photos and live action show Mowat the boy, the animal lover, the story-teller, the kilted crusader. Selected passages from his works are read against a background of images that bring this truly Canadian narrative to life. An engrossing study of a controversial man and his work. (Award: Columbus)

Inside Alzheimer's Disease: (also called Unravelling) ACA, SCS

43:16 minutes VHS videotape colour

About six families in B.C. whose lives have been changed by Alzheimer's disease. The viewer is given a rare impression of being "inside" this generative disease--from the vantage point of the person suffering from the disease.

Introduction to Ready or Not Series: U/C (XMV5402-01)

30 minutes 3/4 inch videocassette colour 1976

An introductory tape on the problems faced on retirement.

Jack Bush: NFB (106C 0179 004)

56:50 minutes colour

The late Canadian painter, Jack Bush, said he painted "from the belly." Born in Montreal in 1909, he earned his living as a commercial artist until his work gained recognition in the New York art market in 1968. In an interview he gave, Bush talks about his life, his work, and the development of art in Canada over the past 25 years. Exhibitions of his work are shown, in particular a retrospective at which he and his friend Clement Greenberg (noted N.Y. art critic) talk about Bush's paintings.

Jack Rabbit: NFB (106C 1075 042)

28:40 minutes colour

Story of 100-year-old Herman Smith Johannsen--nicknamed Jack Rabbit by Indians--the man who introduced the sport of cross-country skiing to this country. We see him at the Cdn. Ski Marathon north of Montreal, where he is the honoured guest, and on a return trip to his native Norway. His life is retraced with pictures from sports newsreels, Norwegian archives, and his family album. (Award: New York)

Journey's End: PFL (PHT 132)

30 minutes colour 1974

Highlights the problems created by the absence of planning one's affairs (wills, inventories for the survivors). An excellent presentation that motivates serious consideration of one's affairs. Ideal for any married couple.

Last Days of Living (The): NFB (106C 0180 002)
(Vivre--au jour le jour)

57:52 minutes colour

In 1975, Montreal's Royal Victoria Hospital initiated a revolutionary pilot project--the Palliative Care Unit--under the di-

rection of Dr. Balfour Mount. In this film we share the hardships and joys experienced by patients, their families and the staff. The techniques filmed are simple and straightforward, such as listening, sharing, touching and music therapy. An essential film for health-care professionals and volunteers, and the public. Support material available. (Awards: Chicago, Philadelphia, Columbus, San Francisco)

Last of Life(The): U/C (XMP1374-01) U/A-E (C4505)

27 minutes 16 mm colour 1977

(The Nature of Things) Explains that the number of people age 75 and over is steadily increasing and attempts to dispel myths about old age and senility. Reminds us that growing old is a natural process, not a disease, and that old age can be a creative time.

Last Right (The): NFB (106C 0184 048)

28:08 minutes colour

A family crisis drama, in which a 79-year-old grandfather, living with his grandson's family, suddenly begins to lose his memory and his bearings. His condition, diagnosed as being incurable, becomes worse. Angry and depressed, he decides to end his life by not eating. The family is torn between respecting his wishes and prolonging his life. Many aspects of family life are woven into this drama, making it a rich film for discussion about old age and senility, family and elderly, quality versus quantity of life, the right to choose when and how to die, social services for families in distress.

Laughter in My Soul: NFB (106C 0183 016)

27:50 minutes

About Ukrainian immigration during the early part of the century as seen through Jacob Maydanyk and depicted in his drawings and paintings.

Legault's Place: NFB (106B 0164 147)

10:38 B&W

Abandoned cabin in the woods but the city has grown around it and the house becomes an eyesore. The events when the old man is finally persuaded to sell, make a warm and gently humorous story. (Awards: Melbourne, Chicago)

Leisure Handbook: U/C (XMV5403-1)

60 minutes 3/4 inch two videocassettes colour 1976

Activities for retired people and how to select them is the topic of the first tape. The second tape deals with opportunities in community service, and the satisfaction gained by sharing yourself.

Louise: PFL (PHT 609)

26 minutes colour 1974

Portrays courage and determination in the minds of the elderly. Focuses on a 99-year-old woman who explains how she finds hope. She emphasizes the need for a strong positive attitude, necessity of daily exercise, and the importance of eating good foods.

Man Who Digs For Fish (The): NFB (106C 1079 204)

Frank Jenkinson, 82, has been digging for fish for 25 years. His unorthodox conservationist practices have increased the numbers of the salmon population in the Jarvis Inlet from 500 to 25,000. Using a spade and accompanied by his dog, Frank wades up and down the stream, digging for the newly-hatched salmon that lie buried in the gravel. Without his intervention, the fish risk dying before reaching maturity.

Margaret Laurence, First Lady of Manawaka: NFB (106C 0178 390)

52:52 minutes colour

One of Canada's most celebrated authors, Margaret Laurence, was born in a small Prairie town in Manitoba. The film traces her life. The images of her small Presbyterian home town still haunt her, as they haunt the characters in her work (read by Cdn. actress Jayne Eastwood). The film blends fact with fiction to give a strong impression of this very private person. (Award: Chicago)

Matter of Indifference: PFL (PHT 220)

26 minutes B&W 1974

An investigative documentary on aging. It requires a commitment from those who view it. It is a critique of our society's ambivalence toward its aged.

Menopause Story (The): U/A-E (C4688)

30 minutes colour 1982

Discusses the realities and myths of menopause. Focuses on discussion by a group of women who explore such things as abnormal periods, the advantages/disadvantages of taking estro-

gen, ginseng, and calcium, and the possibility of getting osteoporosis. It provides symptoms of changes experienced by women during this stage of their lives.

Mother of Many Children: NFB (106C 0177 518)

57:50 minutes colour

About native womanhood, portraying a once proud matriarchal society which for centuries has been pressured to adopt different standards and customs, but is now fighting for equal status and opportunity.

Moving to Music: SCS

30:32 minutes 1985

A leader's kit for third age fitness. Includes audiocassette and manual.

Mr. Nobody: NFB

16 mm (106c 0187 100) 3/4 inch (116C 0187 100) VHS (113C 0187 100)
Beta (114C 0187 100)

35:45 minutes colour (Part one in the Series The Elderly at Risk) (User's guide is available)

Addresses the questions: Do mentally competent seniors have the right to neglect themselves? What should be done when reclusive or eccentric seniors refuse help? Does the state have an obligation to intervene? Focuses on 65-year-old Jack Huggins. A true story of an appealing man with a quirky sense of humour and a strong spirit. His view of the world may be unconventional, but it is also touching. He neglects his health and home but lavishes affection on his menagerie of cats. Roams the streets collecting old radios, toasters, etc. which he delights in restoring. House is packed with his collection. Public authorities are called by neighbours worried about the fire hazard. Sure to provoke discussion of legal and ethical dilemmas. It challenges us to consider how community support can best protect an elderly person from harm, without violating the cherished values of freedom and the rights of the individual.

Mrs. Reynolds Needs a Nurse: U/A-H (CM-161)

video cassette

A very old but reliable film that helps identify the emotional and physical needs of Mrs. Reynolds, a patient.

Multidisciplinary Team: U/C (XMV5087-01)

30 minutes 3/4 inch videocassette B&W 1973

Discussion of how doctors, nurses, social workers, fit into the program of caring for the aged.

My Mother, My Father: Caring for Aging Parents SCS

33 minutes 16 mm colour

Brings us into the lives of four families providing care to ailing elderly parents. The film is a sympathetic, non-judgmental exploration of the deep and often conflicting emotions of family members as they deal with the stresses and rewards of caring for a parent in the family home, in the parent's own home, and in an institution.

Nell and Fred: NFB, U/C (XMP0608-01)

28 minutes 16 mm B&W (either 1969 or 1971)

An elderly couple, Nell (a widow) and Fred (a boarder) face the prospect of leaving their private home for a senior citizens home--the freedom and privacy of a private home for a community-type residence. The film effectively portrays the many practical considerations and emotional problems that confront elderly people in facing unfamiliar and unknown surroundings. Shows how these anxieties can be reduced by better interpretation and counselling--Nell and Fred finally decide to remain in their own home.

Never a Dull Moment: NFB (106C 1079 168)

15:18 minutes colour

Depicts the life and times of Edmonton's town crier, Peter Jamieson, over 40 years.

Never Give Up: GMC (004-1)

28 minutes colour 1971

An inspirational visit with the 92-year-old portrait photographer, Imogen Cunningham. Through interviews, candid footage of the artist, and a view of her work, one is impressed with her vitality, radiant personality, and unique achievement.

Never Too Old to Dance: SCS

Made in Virginia. Shows how elderly people in an institution are encouraged to move to music, even those in wheelchairs. The idea is good but the quality of the film could be better.

New Age For the Old (A): ACA

27 minutes 16 mm colour

Seeks to provoke thoughts on an assessment of our own attitudes toward the role of the elderly in society, by portraying the roles and needs of the elderly as they were, are, and will be.

Not the Same Old Story: U/A-E

58 minutes VHS 1/2 inch colour

Features Danny Thomas who brings us a positive look at aging in America. Shows ways that older people are not only adding years to their lives, but are adding life to their years. Shatters many of the stereotypes commonly associated with aging, and creates a new awareness of the elderly.

Not Without Sight: PFL (PHT690)

30 minutes 16 mm

Defines the major types of severe visual impairments, illustrates (with animation) their causes and shows how those with severe impairments can and do function.

On Guard: ACA

28 minutes 16 mm colour

About bunco--some of the con games people encounter. While amusing and entertaining, it is also highly informative. Demonstrates what happens when people allow themselves to become prey to the con-artist. Dramatizes a variety of schemes used by criminals to defraud the public and tells exactly how to handle and avoid such situations.

On Our Own: NFB

Pauline, 54, has never been on her own. Recently separated, her children grown, she must cope with drastic changes in her expectations and lifestyle, and must become self-supporting for the first time. Mrs. Labelle, a woman in her mid-nineties, lives alone in an apartment with the help of home care service. Widowed for 40 years, and despite remarkable self-sufficiency, she has never overcome the loneliness.

On The Aging of Parents--Guide for Adult Children: U/C (XMV6392-01)

21 minutes 3/4 inch videocassette & leader's guide 1983

Presents seven dramatized vignettes depicting problem situations involving adults and their aged parents. Offers strategies for coping. Questions are provided for discussion.

One Time Around: GMC (040-1)

16 minutes colour 1974

College students visit and interview senior citizens to learn about life from persons who have experienced full lives. Discusses finding the meaning and direction in life and accepting the inevitability of death.

One Voice: The Canadian Seniors Network: ACA

15 minutes VHS videotape colour

Documentary explains how the One Voice National Seniors Network has come into being. Illustrates how the network has been developed "by seniors for seniors" and addresses the issues facing an aging population. In English and French.

Osteoporosis (11th Annual Fitness After 50 Conf.): SCS

Audiotape by Everett Smith on Osteoporosis.

Parkinson's Disease: SCS

Medical Review Series by Sandoz. Includes a sound track from the film "Medical Forum--Parkinson's Disease," 37 minutes. Panelists: Dr. D.B. Caine, Dr. A. Barbeau, Dr. S. Gauthier, Dr. D. Kaufman and Dr. J.D. Grimes; also Handbook 1: A Guide to the Etiology and Pathology of Parkinsonism; Handbook 2: A Guide to the Differential Diagnosis of Parkinsonisms; Handbook 3: A Guide to the Treatment of Parkinsonism; Handbook 4: A Guide to the Use of Bromocriptine (PARLODEL) in the Management of Parkinson's Disease.

ALSO:

The Parkinson Handbook: A Guide for Parkinson Patients and Their Families and One Person's Parkinson Pilgrimage: Coping Mechanisms for Those With Parkinson's Disease--by Victor Holman 1985.

Side B, part 1--16 minutes, a partially guided program with music to be used with a selection of exercises from The Leader's Guide;

Side B, part 2--13 minutes, Tranquil music for relaxation and reflection. Can also be used for stretching exercises or massage.

Peege: PFL (PHT 664) U/C (XMP1096-01) ACA, GMC (104-1)

28 minutes 16 mm colour 1973

Dramatization showing how a college student home for Christmas is able to break through communication barriers to reach his grandmother who has become isolated by failing mental and

physical capabilities.

Perspective on Aging Series:

Confused Person: U/A-H (ST-157) PFL (PSF 32)
U/C (XMV7649-01)

25 minutes slide-tape 1975

Outlines difficulties of caring for an aged, confused person. Differentiates between functional and organic disorders, between reversible and irreversible brain syndromes, highly physiologically based.

Implications for Teaching: U/A-H (ST-156) PFL (PSF 32)
U/C (XMV5468-01)

25 minutes slide-tape 1975

Surveys physiological, sociological and psychological factors which influence the elderly and affect their learning. Presents specific teaching techniques which are effective with elderly people.

Myths and Realities: U/A-H (ST-154) PFL (PFS 32)
U/C XMV56460-1)

24 minutes slide-tape 1975

Presents common misconceptions about the aged and realistically explores financial resource, health, housing, transportation, retirement and social roles.

Old People's Home: Poetic Essay on Aging: U/A-H (ST-197)
PFL (PSF 32) U/C (XMV5650-01)

7 minutes slide-tape 1975

A visual portrayal of W.H. Auden's poem "Old People's Home" and questions our practice of putting the aged away into "homes" where they are unseen and forgotten.

Physical Changes and Their Implications: U/A-H (ST-155)
U/C (XMV56470-1) PFL (PSF 32)

30 minutes slide-tape colour 1975
(1973 3/4 inch colour videocassette at U/C)

Examines physical changes of aging and how body systems are affected by them.

Pictures of Health: SCS

Video series of ten 10-minutes segments to promote discussion on health. The themes are: Stress, Bereavement, Home Safety, Nutrition, Taking Charge of Your Health, Human Sexuality, Vic-

timization, Maintaining Mental Health, Drugs and Alcohol, and Communication.

Portrait of the Artist—As an Old Lady: NFB (106C 0182 059)

27:03 minutes

About what an artist should be: reverent, quirky, entertaining and inspiring.

Prairie Women NFB 16 mm (106C 0187 009) VHS (113C 0187 009)
3/4 inch (116C 0187 009) Beta (114C 0187 009)

45:7 minutes colour

Brings to life the Cdn. Prairies of the 1920s and 1930s. About farm women who were not afraid to tackle controversial subjects like health care, birth control, women's property rights, rural education, world peace. They found strength through co-ops like the Women Grain Growers and United Farm Women. History is recreated through the women's diaries, letters, speeches, articles, and interviews.

Priory Method: U/C (XMP08B3-01)

18 minutes 16 mm colour 1973

Regarding extended care nursing and remotivation of the aged person. Emphasis is on the treatment of the whole person rather than the disability or ailment.

Priory, the Only Home I've Got: NFB

29 minutes 16 mm colour 1979

Extended-care hospitals exist to treat the chronically ill. The majority of people living in these institutions are suffering from chronic geriatric illnesses. The Priory, a public extended-care hospital in Victoria, B.C. uses treatment which includes some unusual aspects. Designed to stimulate an interest in living and a sense of self-worth at a time when a person needs constant care, the treatment is based on the theory that even the ordinary activities of a patient's life are possible means of therapy. Patients are encouraged to do as much as they can for themselves.

Reach for the Sun: SCS

Audiocassette and manual

Chair Exercises for Elderly People

Side A, part 1--19 minutes, A balanced basic program of guided exercises to music with spoken instructions. Side A, part 2--29 minutes, Lively music for games and social activity; no voice-over, no instructions.

Reach Out: ACA

15 minutes VHS videotape colour

Highlights of the activities of a multi-level care facility in Penticton, B.C.

Reaction 78-79, No. 12--Work & Leisure, Part 2:
U/C (XMV5712-01)

28 minutes 3/4 inch videocassette colour 1978

Second of two-part examination of the changing attitudes to work and the use of leisure. Composed of urban and rural film shots from a cross-section of the community. Analysis and comment from studio interviews of Bill Zwerman (Univ. of Calgary sociologist) and Mary Collins (Management and Communications Consultant). Dr. Stan Chapman (Continuing Education) probes retirement planning and the use of leisure.

Ready or Not--Here I Come: U/A-E

59 minutes VHS 1/2 inch colour 1985

Deals with psychological and physical abuse of the elderly. Presents four case studies of situations in which elderly people were mistreated and exploited. Features a panel of experts on aging who discuss the problems and possible solutions. Asks what role the government and medical profession should play in their care.

Reality Orientation Program PFL (PSF 28)

filmstrip and cassette colour 1976

For use with older people (or not so old) suffering from confusion and faulty memory. It's one basic building block of care that should be applied by the staff and any organized care setting. This is for use by any facility that wishes to improve the psychosocial aspects of its program and sees the desirability of improving the quality of life of those it cares for as well as a substantial improvement in the morale of the staff.

Reflections: U/C (XMV5199-01)

30 minutes 3/4 inch videocassette colour ca. 1970

Five senior citizens prepare resolutions to help people plan their retirement. Topics include financial security, physical exercise, health and psychological aspects of retirement.

Reflections: Old Age: PFL (PHT 625)

29 minutes colour 1973

Designed to stimulate and encourage the minds of the aged. Can be relevant to those who have devoted their lives to their jobs and now at retirement have to pursue different avenues. The importance of looking for new challenges and establishing new goals is stressed.

Reflections on Suffering: NFB (106C 0182 048)

20:37 minutes colour

In a moving conversation with Dr. Balfour M. Mount--friend, colleague, and treating physician--cancer victim Jean Cameron, a one-time volunteer social worker in the Palliative Care Unit of Montreal's Royal Victoria hospital, discusses how she has come to terms with her own illness, and the perspective it has given her on the meaning of life. What she has to say is relevant to all of us. The depth of her insight and the grace of her being, leave viewers moved and open to thinking more carefully about the meaning of their own lives.

Rescue From Isolation: Role of Psycho-Geriatric Hosps.:

U/C (XMP0339-01) ACA, GMC (202-1)

22 minutes 16 mm colour 1973

Uses a series of interviews with senior citizens to point out the need for an out-patient facility such as the Marionandes Day Hospital providing activities for the elderly. What happens to the elderly person who is not motivated to take advantage of community resources such as Golden Age clubs? Must he spend his years in forced isolation from society? Looks at the daily operation of a day hospital as seen through the eyes of both staff and patients.

Rest of Your Life (The): U/A-E (C2505)

28 minutes colour 1966

Examines a typical group of workers, representing all age groups, from Al who has only been working a few years to Ralph who is facing retirement. They are prompted to examine the factors which influence retirement planning: When should I begin planning for retirement? Where should I live? How can I spend my time productively? What monetary factors should be considered?

Retire to Life: U/A-E (B1122)

23 minutes B&W 1953

The story of Ed, the machinist, who had looked forward to retiring but when the day finally came, felt useless and un-

wanted. As a result of an accident and time spent in the hospital, he forgot how to live happily. Gradually he began to rehabilitate himself to become useful again with a new job that he could handle.

Right to Die: BMC (174-175-1)

56 minutes colour 1974

About the legal, medical and moral rights of making life and death decisions for and about others. This film also shows the lack of individual preparation for death, the impersonality of hospital deaths, and the general reluctance of individuals and doctors to face death to support dying patients.

Right to Die and Other Ethical Dilemmas: SCS

audiocassette 1988

Plenary session Connections '88. A discussion by Andrew Malcolm, newspaper reporter, of some of the issues involved in dealing with an individual's right to decide when to die in cases where there is a serious terminal illness.

Rights of Age (The): PFL (PHT 457) U/A-E (C2460)

28 minutes B&W 1967

Dramatizes the story of one recluse who, like many old people, attempts to be self-sufficient though she is unable to look after herself. Not until she becomes physically disabled does the community have a chance to extend to her the various benefits now available to the aged.

Rose By Any Other Name: PFL (PHT 830)

15 minutes colour 1979

A trigger film to help people of all ages become aware of the needs and problems of older adults regarding sexual expression and intimacy. Rose Gordon, a 79-year-old woman in a nursing home, is discovered in the bed of a male resident. We see the relationship between Rose and Mr. Morris as warm, intimate and fulfilling, but threatened by the administration and staff of the home, Mrs. Gordon's family and the rules of the institution.

Rosewood Daydream (A): NFB (106C 0170 062)

14 minutes colour

Newfoundland folkgroup sing outdoors, indoors, wherever there's a friendly audience. Most "with it" listeners in this film are the old folks in a home for the aged in St. John. To them the group sings old songs of the sea and a popular tune "Louis Collins" by Mississippi John Hurt.

Second Spring of Samantha Muffin: SCS, PFL (PSF 13)

filmstrip, cassette & study guide colour 1975

About Samantha Muffin, an 82-year-old mouse which symbolizes the aging process in humans in a non-threatening, appealing, humorous, positive way. It is an excellent presentation for any age group and good for stimulating discussion about programs for seniors.

Senior Power: PFL (PHT 105)

30 minutes colour 1975

Presents basic principles about self-protection against purse snatching, mugging, and break-ins. The roles are played by seniors. It is good for use in large communities.

Seniorobics: SCS

tape cassette, manual and videocassette

Designed to meet the needs of active older Canadians who have previously enjoyed fitness activities. The music tape provides the appropriate music and cues for each routine. The other side contains music only so that one part (or parts) of the routine may be introduced and repeated. This also facilitates adaptation of Seniorobics to a less fit group.

Sex and Aging (game): ACA

Developed to challenge participants to examine their attitudes and knowledge about aging and sexuality and their responses to sex-related situations involving older adults. Players play in role situations. Play usually generates discussion. Greater insight is developed into attitudes and opportunities to learn about the emotional and sexual needs of the elderly.

Shakti - "She is Vital Energy": NFB (106C 0176 175)

56:26 minutes colour

Through a succession of mini-portraits, this documentary portrays a woman of rural India whose life, shaped by tradition and ritual, still follows a pre-determined course. Images of great visual beauty illustrate the various stages of her evolution from childhood to old age. Her marriage to a young man of her parents' choice is a turning point in her life. She must leave her family to become a member of her husband's family. This woman of rural India moves through life with grace and dignity, regardless of the tasks she must perform.

Silence Upstairs (The): NFB (106C 0185 038) SCS

13 minutes 16 mm colour

Drama looks at emotional abuse and neglect of the elderly. Locked in her room, a woman who lives with her son and his family, while away her time watching television. Except for an occasional visit from her granddaughter, she is virtually ignored. The daughter-in-law resents having to put aside career plans to take care of her husband's mother and wants to place her in a nursing home, despite the family's objections. The granddaughter, upset about the domestic conflict and the treatment of the grandmother, implores her parents to get professional counselling.

Silent Pioneers: U/C (XMP2196-01)

1984

Through profiles of eight elderly men and women, we learn how gay couples have lived and loved and how, despite societal prejudices, they have led meaningful lives.

Something of Value: NFB (106C 0177 025)

19:48 minutes colour

About the Calgary-based Homemaker Department that has a staff of homemakers who respond to calls for help from homes affected by illness, death, family break-up, low income or any number of problems.

Something to Celebrate: NFB (106C 0183 023)

56:43 minutes

About people over 75 years of age who are still enjoying their independence, who are living on their own, with their mates or families and still able to express an appetite for life. A positive film about the aging process; the people have a zeal for life.

Sonia: NFB (106C 1086 052)

53:40 minutes

Sonia--artist, teacher and mother--is a victim of Alzheimer's disease. In this moving portrait, she emerges as a dignified woman who is sustained by family and friends. (An English version of a production originally in French)

Spouse Support Group: U/A-H (VC-003)

23 minutes VHS videocassette 1985

Mrs. Amyote presents her story about her husband who was mentally and physically disabled, to the point that he would have to be in an extended care facility for the rest of his life. She describes feelings of guilt associated with placing a spouse in an institution and the need for an emotional support group of spouses. Points out support functions of education and social contact following death of spouse or during transfer to acute care. Describes changes in feelings, love relationship, and communication with family that spouses experience in common.

Spring and Fall of Nina Polanski (The): NFB (106C 0174 194)

5:56 minutes colour

Animated film depicting the life of Nina Polanski (who could be any woman). She marries amidst much fanfare and photo-snapping, and settles into a domestic routine of cooking, washing dishes, ironing and babies. Eventually she becomes a machine too, until one day she walks into the woods and regains her old self.

Springtime of Autumn: ACA

20 minutes 16 mm colour

Documentary about the Oregon Foster-Grandparent Program, viewing the daily activities of the "grandparents" working patiently with retarded children.

Staying Active: Wellness After Sixty: CMH

28 minutes 1/2 inch video cassette colour 1985 \$4 loan

Discusses areas vital to maintaining and optimizing health, whether planning ahead or enjoying retirement. Covers eating properly; adapting to change; building strength, flexibility and endurance; feeling good about oneself.

Staying Alive: Wellness After Sixty: ACA

28 minutes 16 mm colour

Features people in their 60s, 70s, and 80s who are leading fulfilled lives. Discusses areas vital to maintaining and optimizing health. Nutrition, exercise, relaxation and feeling good about oneself by staying active are discussed.

Steady As She Goes: NFB (106C 0181 049)

26.30 minutes colour

Geo. Fulfit, retired, illustrates with humour and optimism the delicate craft of putting ships into bottles. The film documents the construction of the largest ship he has ever built. More than a "how-to" film, this short documentary shows the real contribution a craft can make to anyone's life. (Award: Toronto)

Steps of Age: PFL (PHT 396)

25 minutes B&W 1964

About a woman of 62, at the critical point when she is crossing into the last quarter of her life. It shows her confusion and her first uneasy steps toward insight into herself and her problems. Treated very dramatically are the painful emotional problems engendered by having to retire from one's job and the frustrations of unemployment due to age. One of the most poignant scenes of the film deals with interpersonal relations of grandmother, mother and grandchild, where age differences contrive to turn love into hate. This film is designed so all people will understand that they must begin early in life to adjust to the problems which all human beings must face when they grow old. Of particular interest to those who live with older people and who, by understanding them, can make life happier and more rewarding.

Street: U/C (XMP1389-01)

10 minutes 16 mm colour 1976

Animated film that presents an interpretation of a short story from Mordecai Richler's "The Street," stating some of the ways that families respond to their old and infirmed members.

String Bean (The): PFL (PHT 721)

17 minutes 16 mm colour

The story of a fragile, elderly woman and her love for a potted string bean plant.

Ted Baryluk's Grocery: NFB (106B 0182 010)

10:19 minutes B&W

Ted Baryluk's grocery store has been a fixture in Winnipeg's north end for more than 20 years. Ted talks about his store, the customers who have come and gone, and the social changes his multi-cultural neighbourhood has experienced. Most of all, he wonders what will become of his store after he retires. He hopes his daughter Helen will take over, but she wants to move away. A wistful rendering of a shopkeeper's relationship with

his daughter and a fascinating portrait of a neighbourhood and its inhabitants.

Therapeutic Community (The): PFL (PHT 659)

27 minutes 16 mm colour 1974

Remarkable story of the transformation of a traditional mental hospital geriatric ward into a dynamic therapeutic community. Elderly patients, many who are long-term residents of the hospital, gradually take charge of their lives through participation in a planned rehabilitation program. This program includes a sheltered workshop, crafts, help in relearning skills of personal care, group work, and experience in the outside community. The film offers an optimistic, effective, and practical approach to treatment of elderly residents of institutions.

These Old Ones: PFL (PHS 16)

28 minutes slide tape montage

Comparing aging in China and Canada, the presentation prepared by a group of seniors, stimulates and promotes the position that old people don't have to be satisfied with present circumstances. This is a vehicle to stimulate exchange of thoughts and ideas between generations, to promote an understanding that older people have contributed to the past and may also have something to contribute toward the well-being of people today and for the future. Should be previewed before using and requires knowledgeable discussion leaders.

Three Grandmothers: U/A-E (C1837) U/C (XMF0082-01)

28 minutes 16 mm B&W 1963

A glimpse into the lives of three grandmothers: in an African village compound in Nigeria, in a hill city in Brazil; and in a rural community in Manitoba. Each finds in her declining years abundant purpose, usefulness, wisdom, and respect.

Time for Caring: NFB

41:11 minutes

On the Volunteer Program (selection and training) in a palliative care setting at the Royal Victoria Hospital in Montreal. Can be used for volunteers working in a hospital.

To A Good Long Life: ACA

20 minutes 16 mm colour

Documentary focussing on three older people who are leading vigorous, interesting lives. It reveals some of their difficulties, but each person has gone beyond merely coping to cre-

ative living. Helps those approaching retirement age to see that their future can be exciting, vital time.

To Be Growing Older: PFL (PHT 672)

15 minutes colour 1974

Transmits factual information, feelings and the needs of older people. Use of young people to convey this information suggests it might be an effective tool in educational institutions (grades 9 - 12). Useful to people working with the elderly, for reinforcing positive attitudes about aging. Encourages respect for the older person, and encourages older people to stay involved and active. Reinforces the idea that nursing homes are only one housing alternative available to seniors.

Topics in Aging Series: U/A-H (

Communication Problems With Aged Patients: (A161)

60 minutes audiocassette 1975

Demonstrates through patient interviews their confusion and misunderstanding, and their inability to follow treatment programs.

Geriatric Nutrition--Foods, Dietary Problems, Community Resources: (A-158)

60 minutes audiocassette 1976

Provides information on developing a nutritional history, detecting dietary deficiencies, helping patients improve diet, and using community resources available to physician and patient.

Highlights of the 32nd Annual Mtg.--Amer. Geriatric Soc.: (A-162)

45 minutes audiocassette 1975

Synopsis of the following talks: "Urinary Steroids in the Measurement of Aging and Atherosclerosis" by Dr. Jesse Marmorin (U. of Calif.); "Aging and the Body Image --Psychosocial and Economic Impact of Facial Rejuvenation" by Drs. Jack Shregan and Simon Fredricks (U. of Miami); "Specialized Medical Needs of the Elderly and How These Needs are Generally Neglected" by Dr. Michael B. Miller; "The Immunobiology of Aging" by Dr. T. MacNodin; and "Workshop on 'Medical Management in Long Term Care Facilities'" by Dr. Fred Hurt.

Highlights of the 33rd Annual Mtg.--Amer. Geriatric Soc.: (A-163)

60 minutes audiocassette 1977

How to Communicate With Aged Patients: (A-160)

60 minutes audiocassette 1976

Provides some suggestions on how to communicate with the aged, as a follow-up to Communication Problems With Aged Patients (A-161).

Where Does Aging Begin? (A-157)

60 minutes audiocassette 1974

Presents a panel discussion on chronological, psychological, physiological, and sociological aspects of aging, moderated by Frederick C. Swartz, M.D., Chairman, AMA Committee on Aging.

Trigger Films on Aging: PFL (PHT 711) U/C (XMF3219-01)

14 minutes 16 mm colour 1971

Contents: To Market, To Market: Mrs. P.; The Centre: Dinner Time; Tagged five films on one reel designed to stimulate discussion on problems met by senior citizens.

Unravelling: Inside Alzheimer's Disease: ACA, SCS

43:16 minutes VHS videocassette and manual

About six families in B.C. whose lives have been changed by Alzheimer's disease. Gives an "inside" look at this degenerative disease from the vantage point of the person with the disease.

Vacant Lot (The): NFB (106C 0177 174)

16:55 minutes colour

A charming story of how a group of 176 senior citizens transform a useless, vacant lot in Montreal into a garden of delights--vegetables, flowers, and parties. But the garden means much more to them than what it produces; it has completely changed their attitude about retirement.

Violin (The): NFB (106C 1077 292)

24:25 minutes colour

The joy of a shared experience is revealed in this film about a young boy and his encounter with an old wayfarer musician. Longing to play the violin, the boy is drawn to the old man. Time and again he returns to the lonely cabin where the man lives with a few pets. Their friendship deepens, but the time comes when the old man must go away. As a farewell gift to preserve a lasting love of music, he leaves his own violin for the boy, who responds with a special and emotional gesture.

Vitality Unlimited: A Fitness Guide for Active Srs.: SCS

30 minutes tape cassette with manual guide

Side A: Exercise music for warm up all-over stretches

Side B: Continued exercise music for stretches; endurance routines; cool down.

Volunteer Grandparents of B.C.: Unclaimed Treasures: SCS, ACA videocassette

Explains how to develop a volunteer grandparents program.

Vulnerable to Attack: U/A-E (C4836)

28 minutes 16 mm colour 1976

Deals with self-protection for women against all manner of criminal attack from simple theft to rape. Shows women how to avoid being victimized, and demonstrates security devices for residences, apartments, and personal items. Provides as many as 75 tips to protect against attack.

W.O. Mitchell: Novelist in Hiding: NFB (106C 0180 022)

57:33 minutes colour

Playwright and novelist W.O. Mitchell is one of Canada's most popular personalities. In this film he is seen in his many different roles: writer, teacher, father, husband, and on-stage entertainer. He talks candidly about himself, his work, and about the Prairies which have had such a profound effect on him and his writing. The commentary is read by Peter Gzowsky; actor Wm. Hutt reads passages from Mitchell's works.

Week Full of Saturdays (A): GMC (187-1)

19 minutes colour 1979

Documentary showing three separate situations in which people share their thoughts and experiences on retirement planning.

We've Come of Age: U/C (XMP0829-01)

11 minutes 16 mm colour with B&W inserts 1973

A view of life as seen through the eyes of an older man who talks about his generation and its contributions. Presents some of the problems of old age which led to the formation of the Ntl. Council of Senior Citizens in 1961.

What Do You See Nurse? U/A-H (CM-505)

12 minutes videocassette 1980

An enactment of the poem, "A Crabbit Old Woman."

What is Arthritis?: GMC (009-1)

11 minutes colour 1975

Description of the progress and treatment of arthritis.

What Man Shall Live and Not See Death?: U/A-Ed (F4142)

57 minutes colour 1971

Studies of peoples' reactions to death through conversations with doctors, clergymen, the terminally ill, and the bereaved. St. Christopher's Hospital in London is visited as an example of innovative institutions devoted solely to the terminally ill. Dr. Elizabeth Kubler-Ross discusses the five phases one passes through on learning that death is certain.

When Parents Grow Old: GMC (018-1)

15 minutes colour 1972

From the feature film "I Never Sang for my Father." The theme concerns the problem of responsibility to aging parents, and society's treatment of the elderly.

Where is Dead?: U/A-E (B3783)

19 minutes colour 1975

Attempts to define death as an acceptable and natural part of life, to calm anxiety about dying or having a loved one die, and to illustrate dynamics of grief, mourning and adjustment. Tries to train individuals in the handling and consoling of people involved in death experiences.

Where Mrs. Walley Lives: PFL (PHT 1190) U/C (XMV5404-01) NFB

25 minutes B&W 1968

Study of the conflicts between generations that can arise despite efforts of everyone to avoid it. Mrs. Walley is a grandmother who lives in her son's home. A good film for any geriatric group or general audience.

Who Cares?: PFL (PHT 1178)

12 minutes colour 1970

When an old man, set in his ways, moves in with his daughter's family, everyone has to adjust and conflicts arise. The two

teenagers consider his demands unreasonable and rebel against his untidy ways. Their father feels his position as head of the house is being usurped. The mother is caught between love for her family and consideration for her aging father. Tensions mount and tempers flare, until the old man feels unwelcome. Suggesting that he might be better living among strangers, he asks, "When it comes to an old grandfather--who cares?"

Wise Use of Drugs: ACA

30 minutes 16 mm colour

This is a program about the use of drugs--both prescription and over-the-counter medications. It is designed to help seniors prevent drug use problems. There are three parts to this film: 1) Drug problems and communication with doctors, 2) Buying drugs wisely, 3) Taking drugs carefully--focusing on healthy aging.

Wrinkled Radical: ACA

25 minutes 16 mm colour

Describes objectives of the U.S. Grey Panthers movement and gives insight into its leader, Maggie Kuhn. Makes excellent points about aging and the aged. Brings home the need for a movement by, and for, the elderly.

You Haven't Lived Yet: ACA

28 minutes 16 mm colour

A valuable and encouraging film in which old age is presented in a positive light, dispelling stereotypes of aging while maintaining sensitivity to reality. The eight characteristics of the splendid old are discussed along with what we can learn from them. All the people in the film are over 70.

Your Health: U/C (XMV5404-01)

30 minutes 3/4 inch videocassette colour 1976

A treatise on the characteristics of those who live long. Other major topics include proper diet, exercise, sleep, medical examinations and health plans.

LIST OF AUDIOVISUAL RESOURCES BY SUBJECT

ABUSE

Elder Abuse: The Invisible Problem
 House Divided (A): Caregiver Stress and Abuse of the Elderly
 Mr. Nobody
 Ready or Not--Here I Come
 Silence Upstairs (The)

ALZHEIMER'S DISEASE

Donahue Program on Alzheimer's Disease
 Inside Alzheimer's Disease
 Sonia
 Unravelling: Inside Alzheimer's Disease

ATTITUDES/MYTHS/STEREOTYPES

Aging
 Challenge of Time (The): Different Philosophies
 Challenge of Time (The): New Directions
 Gray Panther (The)
 Matter of Indifference
 New Age For the Old
 Not the Same Old Story
 One Time Around
 Perspective on Aging Series: Myths and Realities

BIOLOGY

Aging: The Search for Eternal Youth
 Health Concerns of an Aging Population: Physiological Aspects
 Perspective on Aging Series: Physical Changes and Their Implications

COMMUNICATION

Peege
 Topics in Aging Series: Communication Problems With Aged Patients
 Topics in Aging Series: How to Communicate With Aged Patients

CONSUMER ISSUES

Consumer Education Handbook
 On Guard

CRIME/SAFETY

Challenge of Time (The): Personal Security
 Grandma's Been Arrested
 On Guard
 Senior Power
 Vulnerable to Attack

CULTURES

End Holds the Beginning (The): Aging From Birth to Death
 Shakti--"She is Vital Energy"
 These Old Ones
 Three Grandmothers

DAY HOSPITALS

Rescue From Isolation: Role of Psycho-Geriatric Hospitals

DEATH/DYING/BEREAVEMENT

Challenge of Time (The): Death, Dying, Bereavement
 Chillysmith Farm
 Death by Request
 Death: How Can You Live With It?
 Death, Threat of Death, and Bereavement
 Discussions in Bioethics: The Old Person's Friend
 Last Days of Living (The)
 Last Right (The)
 Right to Die
 Right to Die and Other Ethical Dilemmas
 What Man Shall Live and Not See Death?
 Where is Dead?

DRAMATIZATIONS

Back Alley Blue
 Boy Who Heard Music (The)
 Bravery in the Field
 For Gentlemen Only
 George and Rosemary: A Film About Two Golden-Agers
 Hailey's Gift
 Hello in There
 Legault's Place
 Street
 String Bean (The)
 Violin (The)
 Where Mrs. Walley Lives

DRUGS

Health Concerns of an Aging Population: Drugs and the
 Elderly
 Wise Use of Drugs

EMPLOYMENT

Employment, Parts 1 & 2
Rest of Your Life (The)

ENTERTAINMENT

Don Messer: His Land and His Music
Rosewood Daydream

EXERCISE

Challenge of Time (The): Keeping Fit
Exercise Break
Moving to Music
Never Too Old to Dance
Parkinson's Disease
Reach for the Sun
Seniorobics
Vitality Unlimited: A Fitness Guide for Active Seniors

FAMILY/CAREGIVERS/INTERPERSONAL

Challenge of Time (The): Family Relationships
My Mother, My Father: Caring for Aging Parents
On the Aging of Parents--Guide for Adult Children
Spouse Support Group
Where Parents Grow Old
Who Cares?

FINANCES

Financial, Parts 1 & 2

GENERAL/OTHER

ABCs of Canadian Family Life (The)
America's Aged: The Forgotten Many
Creating a Supportive Environment for the Elderly
Do Not Fold, Staple, Spindle or Mutilate: Labour Relations
Ease Down the Road
Human Development: Successful Aging Series:
 Overview: What is Successful Aging?--Part 1
Last of Life (The)
One Voice: The Canadian Seniors Network
Second Spring of Samantha Muffin
To Be Growing Older
Topics in Aging Series: Where Does Aging Begin?
Trigger Films on Aging

GERIATRIC MEDICINE

Topics in Aging Series: Highlights of the 32nd Annual
 Mtg.--Amer. Geriatric Society
Topics in Aging Series: Highlights of the 33rd Annual
 Mtg.--Amer. Geriatric Society

HEALTH

Arthritis: A Dialogue With Pain
 Brittle Bones
 Challenge of Time (The): Coping With Stress
 Critical Decades (The)
 Health and Lifestyle
 Health, Fitness and Leisure for a Quality Life
 Osteoporosis
 Parkinson's Disease
 Pictures of Health
 What is Arthritis?
 Your Health

HEALTH (MENTAL)

Confused Person: Approaches to Reality Orientation
 Perspective on Aging Series: Confused Person
 Reality Orientation Program

HOME CARE

Am I My Father's Keeper?
 Easier Living
 Forbes Home (The)
 Rights of Age (The)
 Something of Value

HOUSING

Challenge of Time (The): Housing Alternatives
 Changing Your Address
 Housing and Living Relationships
 Nell and Fred

IN-SERVICE TRAINING

End of the Line

INSTITUTIONS

Basic Lifting in the Extended-Care Setting
 Brookside Manor
 Business of Aging (The)
 Extended Care--Extensive Care
 Hello in There
 Home For Life
 How to Design a Non-Person
 Mrs. Reynolds Needs a Nurse
 Multidisciplinary Team
 Perspective on Aging Series: Old People's Home:
 Poetic Essay on Aging
 Priory Method
 Priory, the Only Home I've Got
 Reach Out
 Reality Orientation Program

Rose By Any Other Name
Therapeutic Community (The)
Time for Caring
What Do You See Nurse?

LEARNING/MEMORY

Health Concerns of an Aging Population: Psychological
Adjustments
Perspective on Aging Series: Implications for Teaching

LEGAL ISSUES

Journey's End

NUTRITION

Challenge of Time (The): Keeping Fit
Changing Gears
Health Concerns of an Aging Population: Nutritional
Concerns
Help Yourself to Better Health
Topics in Aging Series: Geriatric Nutrition

PORTRAITS

After Autumn
Angus
Antonio
At 99: Louise Tandy Murch:
Augusta
Bethune
Chairmaker and the Boys (The)
Chillysmith Farm
China Mission: The Chester Ronning Story
Clare's Wishes
Concert Man (The)
David and Bert
Doctor Woman: The Life & Times of Dr. Elizabeth Bagshaw
Don't Mess With Bill
Eve Lambart
Flash William
God is Not a Fish Inspector
Granny's Quilts
In Search of Farley Mowat
Jack Bush
Jack Rabbit
Laughter in My Soul
Louise
Man Who Digs For Fish (The)
Margaret Laurence, First Lady of Manawaka
Mr. Nobody
Never Give Up
Portrait of the Artist--As an Old Lady
Reflections on Suffering
Shakti--"She is Vital Energy"

Ted Baryluk's Grocery
To a Good Long Life
W.O. Mitchell: Novelist in Hiding
We've Come of Age
Wrinkled Radical

POSITIVE VIEW OF AGING

Aging #2
Art of Age (The)
Don't Stop the Music
Fully Alive
Hindsight/Foresight
Never a Dull Moment
Not the Same Old Story
Something to Celebrate
To a Good Long Life
Vacant Lot (The)
You Haven't Live Yet

PROBLEMS/ISSUES OF THE AGED

At the End of My Days
Clare's Wishes
Face the Media
Growing Old
I Think They Call Him John

RETIREMENT

Challenge of Time (The): Changes in Lifestyle
Challenge of Time (The): Community Support System
Challenge of Time (The): Financial Considerations
Challenge of Time (The): Retirement
Getting On
Golden Age (The)
Hindsight/Foresight
Introduction to Ready or Not Series
Leisure Handbook
Reaction 78-79, No. 12--Work & Leisure, Part 2
Reflections
Reflections: Old Age
Rest of Your Life (The)
Retire to Life
Week Full of Saturdays (A)

SEXUALITY

Donahue on Sexuality and Aging
Health Concerns of an Aging Population: Sexual Consequences
Rose by Any Other Name
Sex and Aging (game)
Silent Pioneers

THEORIES

Aging
 Aging an Individual Matter
 Everybody Rides the Carousel
 Human Development: Successful Aging Series: Overview:
 What is Successful Aging?--Part 2

VISUAL/HEARING

Age-Related Sensory Losses--An Empathic Approach
 Not Without Sight

VOLUNTEERS

ACA--Project Involvement
 Because Somebody Cares
 Leisure Handbook
 Volunteer Grandparents of B.C.: Unclaimed Treasures

WOMEN

All of Our Lives
 Great Grandmother
 Human Development: Successful Aging Series: The Widow
 Menopause Story (The)
 Mother of Many Children
 On Our Own
 Prairie Women
 Shakti--"She is Vital Energy"
 Spring and Fall of Nina Polanski (The)
 Steps of Age
 Three Grandmothers